

NHB/NMRTC Bremerton *Caduceus*

A Monthly Recap of info, insight & issues for July, 2022



Authority to Assume the Title and Wear the Uniform at NMRTC Bremerton



By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- There were 63 reasons to recognize July 1, 2022 as a notable date on the calendar.

Along with the day being the first of five Fridays in the month and the unofficial start of the long Fourth of July weekend, it also signified a professional milestone for Navy Medicine Readiness Training Command Bremerton Sailors being officially frocked to their next highest paygrade.

“You represent the best and brightest of the Navy. It’s an absolute privilege to be here today and congratulate everyone on this superb accomplishment. If you feel like you’ve been working hard, it’s because you have,” said Capt. Patrick Fitzpatrick, NMRTC Bremerton commanding officer.

In front of family, friends, co-workers and colleagues, the ranks of newly-advanced first class petty officers, second class petty officers and third class petty officers had their old rank insignia replaced by the new.

“To our largest group, our new third class petty officer, congratulations on this career milestone. I hope you remember this day, just as I still do, almost 30 years ago. I still have that Navy crow [unofficial name for petty officer insignia]. It is a symbol of your knowledge, abilities and also increased authority,” Fitzpatrick remarked. “For our new second class petty officers, you all now have the new responsibility of mentoring the new third class petty officers. Our Navy heritage is built on the experiences that you must pass on to those following in your footsteps.”

Addressing the new first class petty officers, Fitzpatrick noted that now is the time for them to begin grooming for



the next rank of becoming a senior enlisted leader.

“Start preparing to be a chief. We need your leadership and expertise. Out of all the people being frocked today, it is you with the most responsibility. Because all our Sailors need you, and your mentorship, direction and guidance. You set the example,” stated Fitzpatrick.

The following Sailors assigned to NMRTC Bremerton were advanced:

Hospitalman Corpsmen 1st Class Jesus Contreras, Tessa Hazard, Joshua Ohara, Jessica Pohl, Daniel Rodriguez and Joshua White.

Master-at-Arms 1st Class Kimberly Griffin.

Culinary Specialists 2nd Class Christopher Paul, Henry Roman and Israel Tellezalejo.

Hospital Corpsmen 2nd Class Rylee Brown, Jay Contreras, Laura Denmark, Travis Mitchell, Elmer Nicomedez, Lauren Pereda, Heather Potersnak, Leeann Rodriguez, Daniel Sieraperez, Lindsy Thomas, Shea Thomas, Tingting Wei and Christopher Wright,

Interior Communication Electrician 2nd Class Kimberly Heidenreich

Logistics Specialist 2nd Class Danya Grant.

Machinist’s Mate Auxiliary 2nd Class Nathan Mingle

Hospital Corpsmen 3rd Class Zachary North, Jammal Tilley, Whitney Harper, Zachary St. Clair, Wendy Dang, Clowie Schweihofer, Hannah Maloney, Samantha Henderson, Marissa Parr, Kamryn Wright, Jian Gonzalez, Clay Campbell, Sonora Burrows, Heather Hernandez, Lillian Lamprecht, Kristen Robinson, Jiali Chen, Luis Garciapreciado, Mariah Hanlinton, Lindsey Juarez, Evan Gutierrez, Mary Lawrence, Bradford Wyzkowski, Simplicia Montoya, Zoe Nall, and Maximiliano Martinez.



**Naval Hospital
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Navy internal publication**

Capt. Patrick Fitzpatrick, NC, Commanding Officer
Capt. Jeffrey Feinberg, MC (FS), Executive Officer
Command Master Chief James B. May

Master-at-Arms 3rd Class Robert Hodges and MA3 Al-yah Swartz.

Machinist’s Mate 3rd Class Luke Howell

Operations Specialist 3rd Class Nisa Mility

“Let me say again that Command Master Chief May and I are very proud of you. The best is yet to come for all of you,” said Fitzpatrick.



Meet Julie Kaster—your new NHB/ NMRTC Command Ombudsman!

What is an ombudsman?

The command ombudsman position is specifically designed to provide a vital communication link between command leadership and the family members of all staff assigned to the command. The ombudsman is appointed by the commanding officer.

Ombudsmen are trained to disseminate information both up and down the chain of command, including official Department of the Navy and command information, command climate issues, and local quality of life improvement opportunities.

They help leadership meet the needs of Navy families, from sharing timely communication on programs, events

and updates to providing referrals, reasons and recommendations covering a wide spectrum of Navy life.

It was back in 1970 when then Chief of Naval Operations Adm. E.R. Zumwalt, Jr. created the Navy Family Ombudsman Program to improve communication between commands and the families of Sailors. Adm. Michael G. Mullen in 2006 then re-emphasized the importance of the program, and signed an updated instruction, highlighting the requirement that all Navy families have access to a Navy family ombudsman.

The ombudsman goal for now over half a century has been to function as the official liaison between command and families, to serve as a confidential point of contact for families as well as single Sailors, and to disseminate accurate information regarding command policies, services and deployments.



NHB/NMRTC Bremerton Webpage:
<https://bremerton.tricare.mil/>

NHB/NMRTC Bremerton Official Facebook site:
<https://www.facebook.com/naulhospitalbremerton>

NHB on Defense Video Info Distro Service:
<https://www.dvidshub.net/tags/news/nmrtc-bremerton>

NHB Command Ombudsman:
nhb.ombudsman@gmail.com

Did You Know...

The Northwest Region/Naval Base Kitsap Ombudsmen network convenes once monthly, usually on the second Tuesday.

Please contact Fleet and Family Support at 866-854-0638 for more details.

WWII Navy Nurse Corps officer, Bremerton resident feted on 102nd Birthday



By Douglas H Stutz, NHB/NMRTC Bremerton -- It was during the early days of World War Two that Bremerton resident Anna Marie Cole departed her then Michigan home to support her country in need.

She joined the Navy as a Nurse Corps officer.

Fast forward nearly 80 years from that battle-scarred time of history. A long-time friend of Cole thought it would be a nice gesture if somehow the Navy could return the favor and provide support to help celebrate a personal milestone.

Mission accomplished.

As soon as Navy Nurse Corps officers assigned to Naval Hospital Bremerton heard about the request, they unhesitatingly agreed to meet-and-greet with Cole, to help celebrate her 102nd birthday, July 1, 2022.

Capt. Patrick Fitzpatrick, Naval Hospital Bremerton director and Navy Medicine Readiness Training Command Bremerton commanding officer, and Capt. Shawn Kase, Chief Nursing Officer, met with Cole at The Cottage, located in East Bremerton and presented a letter of commendation for her "exceptional service to the United States Navy Nurse Corps during the Second World War."

The citation noted her devoting "countless hours to caring for the ill and wounded as a Navy Nurse during one of our country's most tested periods."

"I think this is marvelous. I sure didn't expect anything like this," exclaimed Cole, surrounded by members of the lodge and Navy officials.

For Ingrid Hueneker, a Bremerton native and long-time friend of Cole, the two Nurse Corps officers were icing on the cake for the celebration.

Both are long-time members of Oslo Lodge #35 Sons of Norway, Bremerton, with Cole having joined in 1975. Hueneker took it upon herself to reach out to the City of Bremerton Mayor's Office for assistance to possibly connect with local Navy officials to help recognize and appreciate the significance of her friend's birthday. "She has no local family, and as far as I know, she has one niece who lives out of state. Her Sons of Norway

friends have stayed in touch with her and have honored her on her 100th and 101st birthday with flowers and good wishes. Since we have had no contact with anyone in the military, we hoped to have someone from the Navy participate in this small celebration,” related Hueneker, noting that Cole must have made some good friendships in the Norwegian community when she relocated to Bremerton and continued her nursing career.

“She worked tirelessly in the 1970s, 80s, and 90s for the lodge, baking, decorating, serving on the building association, ladies club and much, much more,” continued Hueneker. “We continue to cherish her friendship and membership all these years.”

Cole spent four years on active duty, including providing medical care for the Aleutian Islands Campaign in the early 1940s. In July, 1950, she married Jack Cole who passed away at an early age. She settled in Bremerton and continued her nursing career in a local clinic. She joined the Bremerton Sons of Norway Lodge in 1975. Her early years were spent growing up in Michigan.

“Spent lot of time there. Don’t remember much,” related Cole.

“We’ve been grateful for Anna Marie’s friendship and service all these years. What she has done in her lifetime, especially those years serving in a world war, represents all women everywhere by her dedication. We’re so proud of her,” stated Hueneker.

Along with the letter of commendation from the Navy, Bremerton Mayor Greg Wheeler also sent birthday greetings and a citation on behalf of the city.

There were cards to open. Several gifts to unwrap, which included a U.S. Navy white service hat. The iconic dixie cup was festooned with the years of her birthday. The colorful chapeau widened the already growing smile on the birthday girl.

“I can’t tell you how pleased I am,” shared Cole. “This has been great. Who’d a thunk it?!”



Get the Kinks out with NHB's Chiropractor

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- An appointment with Naval Hospital Bremerton's chiropractor is just a referral away for active duty service members.

Dr. Tina A. Noorishad is available Monday-Friday, from 8 a.m. to 2:30 p.m., to treat any active duty patient who could benefit from chiropractor treatment.

"Since she is attached to Pain Clinic [on the fifth floor], there is a probable perception of referring providers that she only sees patients who are dealing with chronic pain. However, this is not true-- she will see any and all active duty patients who could benefit from her services," said Christine Phelps, Pain Clinic nurse manager.

According to Phelps, Noorishad is the best-kept secret around, not as well-known as the resident chiropractor assigned to Navy Medicine Readiness Training Unit Bangor.

The goal is to amend that by sharing that her services are readily available.

Those who have received treatment from Noorishad rave about the care.

For Chief Hospital Corpsman Jenny Singer, competing in a number of half marathons and run relays over the past several years brought her share of aches and pains.

"She's really good. Glad I found out about her. I was looking for alternatives for some relief and was offered a referral from my provider. Aside from the adjustments, Noorishad has also given me a lot of great stretching and strengthening exercises to build up the different areas to help relieve some of those aches and pains," shared Singer.

Noorishad is intent on making a positive difference for her patients. After practicing in her native California Bay Area, she decided to experience a more multi-disciplinary environment and work with other types of doctors and specialties.



"Before it was just working with a lot of other chiropractors. It's nice to get a different perspective and work with different providers. The population I used to treat was mostly tech, computer based patients, with mainly common postural problems. Not anymore," said Noorishad, admitting that the tech industry environment rarely included such potential daily obstacles as ship-board non-skid surfaces, multi-level ladder wells and knee-knockers to routinely test someone's musculoskeletal system.

Noorishad's job is to assess all the bones, cartilage, ligaments, tendons and connective tissues which make up that musculoskeletal system.

“The complaints someone has – posture, stability – typically stem from repetitive stress, whether it’s sitting at a desk, or doing a lot of lifting. Because we do so much of the same thing every day it creates some imbalance throughout the body. I look to see how to counteract that and how we can work to not only increase range of motion but also strengthen someone so they don’t have bigger issues in the future which turns into things like, “I bent over one morning and blew out my back.” Things like that are progressive, so I’m looking at someone’s alignment, posture, and range of motion,” explained Noorishad, noting that when she first sees a patient, it’s usually because they already are dealing with discomfort.

“They’re already in a little bit of pain. I’m looking to do an evaluation and diagnose what I think is happening at that time, help the patient with rehabilitation and hopefully prevent the issue from occurring again,” Noorishad added.

The number one concern which Noorishad commonly deals with is lower-back pain, followed by neck, hip and shoulder complaints.

Along with the goal of reducing pain levels and increasing range of motion and strength, there is also another – unexpected – benefit which many patients discover from their visit(s).

“Patients become much more aware of their own body. After getting treated by me they’re much more aware of the way they’re sitting, their posture and how they’re walking throughout the day. Do they feel symmetrical? Is there any imbalance that they’re noticing or feeling? Why are they weaker on one side than the other? Those things become a lot more in the forefront and therefore there is less likelihood of it being let go and becoming an issue later on,” affirmed Noorishad.

“At the end of the day what we know after so much research is that just doing something repetitively for the past 45 minutes at a time can create so many pain patterns for us,” continued Noorishad. “We know that movement is the biggest deal, remembering to get up and stretch. I take the patient through those patterns and help educate them and their muscles to recover and move forward every day.”

A normal appointment takes approximately 30 minutes, with the initial visit longer due to the need of a baseline exam and assessment. How often a patient is seen depends on what they’re dealing with and the acuity.

“If it’s minor it might not need as much care. The patient can be instructed a few times and then given a home-exercise program to follow. That becomes their job to do and we’ll do a follow-up and see how much progress we’ve had and do we need more intervention on my end. If the pain is more chronic, I’m going to treat them more frequently, once or twice a week, up to four-to-six weeks. Then we’ll evaluate again to see where we’re at and if we can taper off if we’re progressing,” Noorishad said.

There really is no cryptic correlation with the chiropractic services part of NHB’s Pain Clinic. Both are viable options for dealing with discomfort.

“The goal of pain management is mostly focused on chronic pain, which is very different from acute pain from injury. Chiropractor is available for any pain-related issue,” clarified Phelps.

This is one added point to address. When most people think of a chiropractor, they visualize some sort of back-cracking, neck-wrenching, torso pretzeling adjustment.

Not so.

“While that can be a part of the treatment we do a whole plethora of other types of care. Don’t let that stop you from getting chiropractor treatment. We also treat in ways that we don’t have to manually adjust. I can solely do soft tissue work with someone or do exercising, stretching and focus on changing life style habits which have created pain barriers in the first place,” Noorishad said.

NHB Outpatient Pharmacy Hours Modified

By NHB/NMRTC Bremerton public affairs office -- Naval Hospital Bremerton Outpatient Pharmacy hours are changing.

As of August 1, 2022, window services will be open 7:30 a.m. - 6 p.m., Monday through Friday, instead of 7:30 a.m. to 7:30 p.m.

The consolidation will allow the pharmacy to align staff during peak utilization hours while also effectively allowing all pharmacy customers to readily access such viable alternative as the 24/7 prescription pick-up option via the ScriptCenter kiosk located in the command Parking Garage lobby.

ScriptCenter is a secure prescription pickup kiosk for dispensing medications. Requested prescriptions are filled and checked at the pharmacy, then uploaded into ScriptCenter for pickup.

“ScriptCenter is available for all customers who need after hours services,” said Lt. Cmdr. Evan Romrell.

ScriptCenter is easy to use and a timely, accessible resource. The process starts when ordering prescriptions through AudioCare at 360-475-4217, and then selecting the ‘ScriptCenter’ kiosk option as the pickup location.

When requesting for the first time, registration is required so bring the 12 digit prescription number (starting with 000) found on the medication bottle with you. For those who don’t have a prescription number, it is still possible to establish a username and PIN to access the ScriptCenter. Pharmacy staff can complete the registration when the prescription is filled.

Refrigerated items must still be picked up at the hospital pharmacy.

Patients can also use the Naval Base Kitsap Bangor NEX ScriptCenter Kiosk.

Jackson Park Drive-Thru Pick-Up Pharmacy hours are still Monday through Friday, 8 a.m. until 6 p.m.

Both sites are closed for all federal holidays.

For more details: <https://bremerton.tricare.mil/Health-Services/Pharmacy>



Registered Dietitians Take a Run at Performance Nutrition

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- There's a nourishing parallel between running a 200-mile relay to conducting flight deck operations or being involved in field exercises.

Whether it's daily grind duty, operational readiness obligation, or weekend warrior mode, there is a crucial nurturing principle - when applied – capable of helping anyone sustain and boost their mental and physical effort.

Welcome to the science of Performance Nutrition, an apt term which focuses on how – and what – people chose to eat influences their effort during that demanding duty, training exercise or sporting activity.

Gone are those days of fueling up with gas station corn dogs and stale leftover coffee.

“There's been enough studies done to show that our bodies perform better when we provide the best nutrition such as protein, carbohydrates and healthy fats, that we can,” said Registered



Brown practices what she preaches, having just completed a 200-mile run relay July 15 and 16, 2022, in the Pacific Northwest along with 11 other runners assigned to NMRTC Bremerton, including two other registered dietitians, Kayla Kangiser and Stefany Jones.

“Preparing for an event like this, or any event that requires a lot of physical effort and makes someone think, can really be taxing if we're not doing enough before, during and after for the energy we need,” Brown said. “There's those who think that fast food is okay because it is convenient. But it's just not a good source of fuel for our body to use, or handle. Our body will zap right through it, and most fast food has a lot of sodium which can dehydrate us. Just not good. With a little planning and foresight, anyone can up their nutrition game.”

The night before the relay, Brown ensured she got the necessary nutrition with a homemade tortilla, providing fiber for digestion, magnesium for the heart and muscles; filled with beans for protein and avocado and tomato for such nutrients as potassium and vitamin C.

“Additionally, don't start a workout or exercise without adding something beforehand. Consume a small balanced snack one to two hours earlier such as half a peanut butter and jelly sandwich, or fruit like a banana,” suggested Brown.

After her first leg of 7.3 miles (followed by the second leg of 10.5 miles in the dead of night, and a 6.4 miler to wrap up) she replenished the spent carbs and protein with peanut butter on whole wheat.

“Even trail mix is good and research indicates that chocolate milk is also a good source,” explained Brown. “When doing any sort of physically training exercise, like a distance run, we deplete our body's stored energy we use for fuel. We need to replace what we depleted. It's as simple as that.”

To break it down, carbs are fuel, protein for energy and help the body build and repair muscle, and (healthy) fat provide energy density for the body to use as a ready fuel.

Jones recommends such options as a turkey sub sandwich with baked chips and a side of fruit or a grilled chicken wrap on a flour tortilla with pretzels and fruit juice as examples of meals that will help meet the energy demands for a long training exercise or competition.

“When possible, aim to eat 3 to 4 hours before a long training exercise. A low-fat meal with about 150 to 300 grams of carbohydrate and about 30 grams of lean protein will ensure you have enough fuel on board but will leave time for your stomach to empty before you start training,” noted Jones. “If there is not enough time to eat 3 to 4 hours in advance of your event, try eating a snack 1 to 2 hours before practice or competition.”

Some of the easily available good choices include juice, fruit, granola or cereal bars, a small bagel or crackers with peanut butter.

The trio of registered dietitians also insist that the hydration factor is just as important as the performance nutrition aspect, advocating that a person should be drinking approximately 64 ounces of water days before any big event like an demanding training exercise or running an equivalent of a half marathon or more.

“We perform better and won’t fatigue as easily if we’re well hydrated,” stated Brown. “If the physical activity is an hour or less, water is usually fine for our personal hydration purposes. For longer periods, replenishing with electrolytes can help keep someone from becoming dehydrated.”

Yet how does someone know if they’re dehydrated?

“Common signs of dehydration in athletes include dry mouth, thirst, dark urine, dizziness, irritability, rapid pulse, fatigue, muscle cramps and decreased athletic performance,” explained Jones, who ran three legs of 6 miles, 5.5 miles and 7.7 miles. “If you’re feeling thirsty, your body is likely already dehydrated, so staying ahead of your thirst is key. The goal is to be hydrated well before you even begin physical activity. Plan to drink at least 16 ounces of water two to three hours before an event, then drink at least eight ounces every 10-20 minutes.”

“Hydration needs change depending on the athlete’s body weight, sex, sweat rate, ambient temperature and humidity,” continued Jones. “Sports drinks containing electrolytes are a good choice when you have a hard training exercise lasting longer than an hour, or if you sweat heavily. Be sure to check your urine as an easy hydration status indicator – hydrated bodies will produce pale yellow urine.”



“Everyone is different. What we like, what we don’t like. But we all need to follow a few needs, such as hydrate with water, include a combination of carbs and protein – the perfect combo - to boost and sustain our energy levels,” added Kangiser, who ran a 4,2 leg, followed by a 9 miler and 5.1 legs.

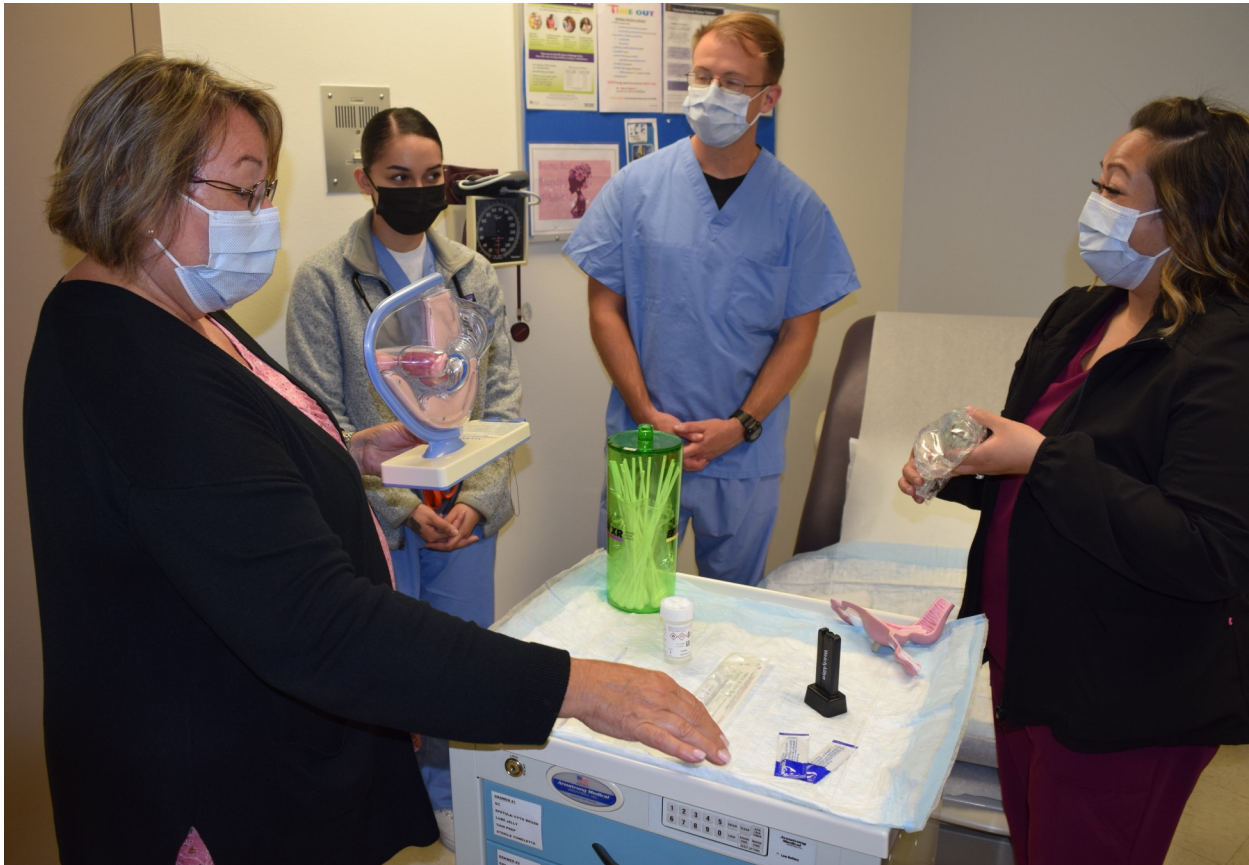
The summer months around Puget Sound, home of the third largest fleet concentration in the U.S., can have a few days of sweltering heat. But the area is nowhere near the weather patterns someone stationed in Florida might be experiencing when they step outside for a run.

“We don’t tend to have the humidity up here,” remarked Brown. “But that doesn’t mean that we can’t forget to daily drink enough water. There’s a reason why the old Navy saying ‘hydrate or die’ is still applicable.”

Cervical Cancer Screening Available at NHB

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer – Walk-in availability for cervical cancer screening – also known as a Pap test or Pap smear – will begin at Naval Hospital Bremerton’s OB/GYN clinic, Sept. 2, 2022.

NHB strongly advocates the screening for all women, especially between the ages of 21 and 65.



Pap test prep...Naval Hospital Bremerton OB/GYN staff, (from left) certified medical assistant Brenda Gonzales, Hospitalman Ruby Rodriguez, Hospital Corpsman 2nd Class William Brown and registered nurse Shaleen Cronin ensure an exam room is ready for cervical cancer screening, also known as a Pap test or Pap smear, as NHB will begin providing walk-in availability, Sept. 2, 2022. NHB strongly advocates the screening for all women, especially between the ages of 21 and 65, with the screening clinic to be held every Friday from 8 a.m. until noon, except closed for federal holidays and on days of limited activity (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

The screening clinic will be held every Friday from 8 a.m. until noon, except closed for federal holidays and on days of limited activity.

According to Lt. Cmdr. Jennifer D. Squazza, Naval Hospital Bremerton Obstetrics and Gynecology department, doctor of nursing practice, advanced registered nurse practitioner and certified nurse midwife, a Pap smear or cervical cytology screening is a simple test to look at cells taken from the cervix.

“Pap tests are important for women’s health care if you are 21 years of age or older. It tells your doctor if there are any abnormal cells on the cervix that may lead to cancer. The Pap test does not detect cancer in other parts of the body. Your healthcare provider may also recommend screening for the human papilloma virus (HPV), a group of related viruses, a few of which are linked to cervical changes. Most women with HPV do not develop precancerous of the cervix. Genital HPV can be passed from person to person through sexual contact,” explained Squazza.

Screening should be done every three years for those ages 21 to 29, and every five years for those ages 30 to 65.

“If not sexually active, or having menstrual periods, it is [also] recommended to continue having Pap tests after menopause,” noted Squazza.

Only women can get cervical cancer. The Centers for Disease Control and Prevention (CDC) affirms that all women are at risk for getting it. It occurs most often in women over age 30.

Cervical cancer is the fourth most common type of cancer in women worldwide.

Yet because it takes time to develop, it is also highly preventable.

Still, about 12,000 women in the United States get cervical cancer each year and approximately 4,000 women die from it.

“Cervical cancer starts in the cells lining the cervix – the lower part of the uterus (womb). The cervix connects the body of the uterus to the vagina. Cancer starts when cells in the body begin to grow out of control,” Squazza said.

Squazza attests that the Pap test is the best way to find cell changes that may lead to cancer of the cervix.

“Routine Pap tests can help find problems early. If a Pap test finds abnormal cells, your healthcare provider will suggest further tests or treatment,” said Squazza.

The walk-in service is for any eligible patient – active duty, retiree, dependent – to have access for a Pap smear. Patients will be served on a first-come, first-served basis.

For those who prefer a scheduled appointment, it is advised to request a primary care manager referral or simply speak to the OB/GYN clinic nurse to help coordinate a suitable date and time.

The entire screening visit will last approximately 30 minutes. Patients are advised to wear comfortable attire and if needed, a gown can be provided by the clinic.

It is also recommended to avoid douching, intercourse, vaginal medications, creams and jellies for two days prior to the screening procedure. For those in their menstrual cycle, it is best to postpone the procedure to prevent inadequate – or uncertain - results.

Navy Medicine reminds all active duty personnel, as well as activated reservists, to ensure their Pap Test is up to date before deploying, including factoring in the time needed to for walk-in availability or schedule an appointment and obtain results, which is usually approximately two months out.

NHB’S OB/GYN clinic offers other screenings available for sexually transmitted infections, such as gonorrhea and chlamydia. Patients should consult with their provider to coordinate, as well as discuss if the HPV vaccine – a three shot series – is needed.

For those without a primary care manager or provider, the OB/GYN clinic is staffed regularly with female providers.

Please ask if assistance is needed.

COVID-19 Vaccine Availability for Children Ages 6 months & above

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- Naval Hospital Bremerton will begin walk-in availability of COVID-19 vaccination for children age six months and above, August 1, 2022.

Based upon the Centers for Disease Control and Prevention recommendation to expand COVID-19 vaccination, the decision now universally endorses that everyone from six months and older can receive the vaccine.

NHB Immunization Clinic will be offering the Pfizer-BioNTech vaccine for ages five and younger. Navy Medicine Readiness Training Unit Everett will be offering the Moderna vaccine (only).

What you need to know:

NHB's Immunization Clinic, located on the Third Floor – next to the Pediatrics Clinic - of Family Medicine Wing, will be administering the vaccinations, Monday, Wednesday and Friday, 8 a.m. to 3:30 p.m., Tuesday 10 a.m. to 3:30 p.m. and Thursday 8 a.m. to 3 p.m., closed for lunch/training 11:45 a.m. to 1 p.m. Clinic phone number: 360-475-5329/28.

“Our Immunization team is fully prepared to provide the vaccine on a walk-in basis starting Monday, August 1,” said Chief Hospital Corpsman Jesus Albarran, Family Medicine and Pediatric leading chief petty officer, noting that for all minors under the age of 18 must be accompanied by a parent or guardian to receive the shot.

The CDC advocates that vaccinating everyone, including children six months and older, provides the best defense against serious outcomes related to COVID-19. There's a host of reasoning behind the expanded mandate.

COVID-19 vaccination for younger children is a critical opportunity to prevent severe illness, especially among those disproportionately impacted by COVID-19, including those from certain racial and ethnic groups and children with underlying medical conditions, disabilities, or special healthcare needs.

Parents make decisions every day to protect their children, and now COVID-19 vaccines are available to protect all children 6 months and older. Vaccination Record Card will be provided.

The Pfizer-BioNTech vaccine for children ages 6 months through 4 years will be a three-dose primary series. The Moderna vaccine primary series is two shots. Additionally – and unfortunately – children can become severely ill like adults from COVID-19, be hospitalized, and even die. (There's over one million deaths in the U.S. alone attributed to the virus).

Children can also experience short-and long-term health complications that can affect their mental and health well-being and quality of life. Experts also note there is no way to predict if a child will develop a severe or mild case of COVID-19.

Even healthy children without underlying medical conditions can get severe COVID-19 or suffer from long-term health complications. Vaccinating this younger age group will help lessen the strain on families by providing greater confidence in allowing children to participate in childcare, school and other activities.

The CDC does stress that even children who have previously had COVID-19 should still get vaccinated, as the vaccine adds protection. Parents with questions are encouraged to talk to their child's healthcare provider/physician/pediatrician, school nurse, or local pharmacist to learn more about the COVID-19 vaccine, and the importance of keeping children up to date with all recommended vaccinations.

COVID vaccinations and booster will also remain on an appointment only basis during the above times or by scheduling at 1-800-404-4506, or on-line option: <https://informatics-stage.health.mil/BremertonCOVIDApp/COVID.aspx>



Corpsman Care during Atlantic Ocean ops on MSC ship

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- There's a reason why U.S. Navy independent duty corpsmen are found assigned on isolated platforms from the wide expanse of the Indo-Pacific Theater to the far reaches of the Atlantic Ocean.

Their responsibility to the ship – and submarine – crew is to provide and handle any medical support, especially when emergency care at sea is required.

Which is exactly what happened when a Military Sealift Command civil service mariner sustained an injury which required immediate medical attention by Hospital Corpsman 1st Class Cristi A.H. Bussard on the expeditionary fast-transport USNS Trenton (T-EPF 5). The Trenton is currently employed by U.S. Sixth Fleet conducting operations in U.S. Naval Forces Africa area of operations.

Bussard's handiwork caring for the injured crewmember prompted an appreciative correspondence note from his wife, a retired Navy captain, sent to the corpsman's command, Navy Medicine Readiness Training Command Bremerton.



"I am writing this email to send a big Bravo Zulu to Bussard for the outstanding medical care she provided to my husband. He had an accident which resulted in a deep cut on the bridge of his nose and required stitches. Bussard quickly took charge of the situation and did an outstanding job with steady hands. I was so impressed when my husband showed me the stitches and told me how calm and reassuring she was during the procedure. We are so very, very blessed she was there to render medical care. Please relay our deepest thank you. I really thought a physician assistant treated my husband but he told me no it was an HM1. Wow," wrote M. David.

Senior Chief Hospital Corpsman Romualdo Humarang received the email and immediately shared with NMRTC Bremerton leadership.

"Would you expect anything less from a Sailor who hails from Corvallis, in western Montana? I'm very proud as a commanding officer and fellow Montanan. What a great testament to the skills and versatility of a U.S. Navy independent duty corpsman," exclaimed Capt. Patrick Fitzpatrick, Naval Medicine Readiness Training Command Bremerton commanding officer, Naval Hospital Bremerton director and Missoula, Montana native.

USNS Trenton arrived in Mindelo, Republic of Cabo Verde for a brief stop for logistics during a schedule port visit, July 20, 2022. Cabo Verde, part of a volcanic archipelago approximately 350 miles from the closest northwest African coastal nation of Senegal, is an important partner of the United States in promoting peace and security in Africa. U.S. Naval Forces Africa ships routinely ply the waters as far as the southern Atlantic partnering with host nations to support African-led maritime security initiatives.

As part of the U.S. Navy's Military Sealift Command which is the premier provider of ocean transportation to the Department of Defense, USNS Trenton is one of approximately 125 civilian-crewed ships. MSC handles providing on-time logistics, strategic sealift and specialized missions in contested and uncontested environments. The ships conduct specialized missions, strategically preposition combat cargo at sea across the globe, as well as transport military cargo and supplies used by deployed U.S. forces and coalition partners. The MSC civil service mariners are not active duty service members but are federal civil service employees.

A number of Navy Medicine personnel are readily familiar with probably the most visible – and notable – of the MSC's United States Naval Ships, the two hospital ships, USNS Mercy (T-AH 19) and USNS Comfort (T-AH 20).

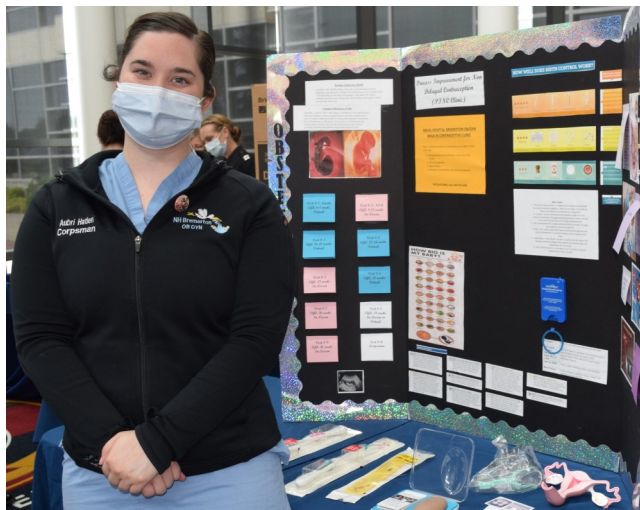
Just as a contingent of medical personnel currently deployed on Mercy are providing tailored medical care and other support with host nations as part of Pacific Partnership 2022, the largest annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific region, so is a solitary independent duty corpsman on Trenton offering immediate support when needed.

Wellness Fair showcases ample resources at NHB

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- Whether it was getting a grip with Occupational Therapy, determining the sugar content from well-known snack and drink sources, or providing reminders on the importance of hand hygiene, Naval Hospital Bremerton's Wellness Fair provided a number of knowledgeable resources for staff, patients and visitors, July 22, 2022.

The event was coordinated by Health and Wellness department and featured a variety of booths, including Health Promotion and Wellness, Tobacco Cessation, Naval Base Kitsap Fleet and Family Support Center, and more.

Holistic women's health initiatives were displayed from NHB's OB/GYN Clinic, including information about the OB/GYN Walk-In Contraceptive Clinic.



"Our contraceptive clinic is open to all eligible beneficiaries on Wednesday from 8 a.m. to 11 a.m. and 1 p.m. to 3 p.m., and no appointment is necessary, it's a first come, first served basis. We explain available forms of contraceptive devices and can offer counseling on the risks and benefits of their choice," explained Hospital Corpsman 3rd Class Aubri Hatlen, also noting the clinic will be starting up cervical cancer screening, September 2, 2022, and offers other similar services like colposcopy, endometrial biopsy and hysterosalpingography."

Infection Control stressed crucial need for constant hand-sanitizing in the hospital and clinical environment, sharing The World Health Organization's top 'My Five Moments for Hand Hygiene' are 1) before touching the patient; 2) before a clean or aseptic procedure; 3) after body fluid risk or exposure; 4) after touching the patient; and 5) after touching patient

surroundings (equipment, instruments, fixtures).

Staff members were also asked to identify their department infection prevention liaisons and were quizzed on their hand hygiene knowledge.

Naval Base Kitsap MWR fitness specialists presented a host of information for active duty as well as family members.

Upcoming events with NBK Sports, Fitness and Aquatics include Yoga in the Park, at Elwood Point, Jackson Park, July 30, from 10 a.m. to 11 a.m.; One mile and 5K Deer Run on Indian Island, August 13, at 10 a.m. and Navy Operational Fitness and Fueling System (NOFFS) Games to 'test strength and endurance via a variety of events,' August 15-19, 2022.

There were details on group exercise options, the 2022 Virtual Run Series and for the NBK Walking Group which meets Tuesdays at 7:30 a.m. and Thursdays at 3:30 p.m., with signups at the NOFFS Front Desk or at: 360-315-7676.

Occupational Health displayed several of their therapeutic tools of the trade used in their support of a variety of medical concerns and patient conditions such as orthopedic, mental health, and industrial rehabilitation.

"We like to say occupational therapy is where science, creativity and compassion meet," said Hospital Corpsman 3rd Class Joshua Hebert, who demonstrated to others the benefits of grip strength with a hand-held dynamometer.

"What grip strength does is tells us the range of motion, hand coordination and strength in someone, especially during follow-up treatment after surgery and/or part of a rehabilitation process. It helps us measure a patient's muscular health. If we get a strong grip measured then that patient is usually improving during their rehab. If the grip measures weaker, we might have to look at the overall treatment to see if it has to be changed or increased," Hebert said, citing that studies show that an average male grip strength measures approximately 72 pounds with



women usually around 44 pounds.

The Sailor 360 Physical Training display showcased involvement for the year primarily from the command's approximately 425 enlisted personnel.

Specific events focusing on strength training challenges have tallied a total of 19,505 pushups and 867 minutes, 35 seconds of planks exercises.

Their 'Run across America' contest has currently accumulated 2,141.41 miles.

"We're all the way to Fort Stockton, Texas. Our goal for August is to continue from Texas and work out way further along. We're aiming to finish down in Florida. The [Navy Medicine Readiness and Training Unit] Bangor Baddies run group has over 1,000 miles alone," noted Hospital Corpsman 1st Class Ferrell Jenkins, Sailor 360 PT coordinator.

"Our overall goal is to challenge our fitness level(s) and Navy Medicine health knowledge. We want our Sailors to challenge themselves, challenge others and challenge us to overall improve their physical fitness standards and rating ability," added Hospital Corpsman 1st Class James Gibbens, Sailor 360 PT coordinator.

According to Lt. Lorna Brown, NHB Health Promotion and Wellness department head and registered dietitian, the Wellness Fair was designed to provide a convenient collection of available resources for staff, patients and visitors all predicated to share insightful and user-friendly knowledge for personal and family well-being and fitness needs.

There will be a Navy Region Northwest Wellness Expo held August 18, 2022, 9 a.m. to 1 p.m. at Naval Base Kitsap Bangor Plaza Ballroom.

NHB Health Promotion and Wellness will be on hand, along with a variety of varied resources, again catering for active duty and military families.



Color Guard at Bainbridge Island for 4th of July celebration...



Lending a cleaning and caring hand...CPOA members & junior Sailors took part in NAD Park renovation and restoration efforts on the iconic F18 Crusader prominently featured at the park's front entrance (courtesy photo)

